



US Army Corps  
of Engineers  
New England District

Volume 38, No. 6

# Yankee Engineer

March 2002

## Chief of Engineers visits District, praises employees

Lt. Gen. Robert Flowers, Chief of Engineers, held a special Town Meeting to talk to the New England District and recognize those employees who volunteered to go to New York City after the terrorist attacks on the World Trade Center.

The special meeting, which took place Feb. 22, was the first time the Chief has visited the District since the terrorist attacks.

Lt. Gen. Flowers started the meeting by congratulating the New England Patriots on winning the Super Bowl. "They were the team of destiny and they did a good job," he said. "But I'm a life-long Steeler fan. Maybe they'll win next year."

The Chief mentioned that it was National Engineer Week and that he was in town because he was invited by MIT to speak at the school. "But I wanted to take the time coming in this

direction to spend some time with all of you," he said. "I wanted to recognize some people who are heroes in our organization for the work that they did in response to the attacks on New York on 9-11."

Lt. Gen. Flowers said that another reason he visited the District was to let the employees know that the reputation of the District in the Corps is very solid and that he appreciated very much the service that everyone has given.

A lot has happened since the General's last visit. He said that in his first year, he has had the opportunity to visit all of the divisions, districts, and labs. He has also visited dredges, field offices, the Corps floating plant. "You're doing great work and great service all over the world," he said.

The Chief said that he has a narrow, unique perspective of the Corps and he is trying to find a way to show

Corps employees' the agency through his eyes.

Other topics that Lt. Gen. Flowers covered included his trips to Panama and Colombia; the praise that the Chief received for the Corps of Engineers from the Army Chief of Staff during a conference at West Point; ongoing operations around the Corps; the budget testimony; the Corps' work with Daisy Cutter bombs for the Air Force to use in Afghanistan; a tele-engineering sweep device that was used in Uzbekistan to secure communications; a request by the Council of Mayors to partner with the Corps on several projects; the construction design of the Pentagon that saved many lives; and an update on the status of the cleanup of the World Trade Center.

Lt. Gen. Flowers said that the New England District played a prominent role in the early days of the World Trade Center disaster. Because of its close proximity to the World Trade Center, New York District had to be evacuated and had no phones or offices in which to operate. The New England District, led by Col. Brian Osterndorf, arrived the morning after to lend a hand with the emergency efforts. "New England did the job, and when we could turn it over to New York we did," he said. "It was a very seamless transfer and I was never so proud of a group than I was of the people who responded."

The Chief of Engineers then called on the World Trade Center Team and presented each member a coin and his thanks for a job well done.

The Town Meeting concluded with a special World Trade Center PowerPoint presentation.



Photo by Mark McInerney

*Lt. Gen. Flowers visited the New England District to recognize employees involved with the cleanup of the World Trade Center.*

# Yankee Voices

Vincent Gualtieri  
Construction/Operations



## Sympathy

...to **Paula Kullberg**, Regulatory, on the passing of her father.

...to the family of Engineering retiree **Arthur Devine** who passed away Feb. 13.

Mr. Devine was a World War II veteran, serving with the U.S. Army as a staff sergeant as an airplane electrical mechanic in South Pacific in the India, Burma and Central Burma campaigns.

...to **Jack Keenan**, Water Management Section, on the passing of his father.

...to **Barry Sullivan**, field member of Survey Section, on the passing of his mother.

...to **Laurie Levesque**, Engineering/Planning, on the sudden passing of her father.

## Note of Thanks

I felt the need to inform the New England Corps of Engineers in writing how impressed I was with the way Peter Quinn conducted the site survey. Not only was he administratively sound, but the attention to detail was excellent. If all Corps of Engineers districts conducted site surveys like the New England Corps of Engineers, many issues of co-locating offices would be resolved. The way Peter handled this action is a great credit to himself and the New England Corps of Engineers.

The Marines of Recruiting Station, Springfield, and I thank the New England Corps of Engineers for the way they handled this action.

**H. Leon Booth**  
Logistics Management Specialist

## Congratulations

...to **Thomas Wisnauckas**, Littleville Lake, for being chosen as the WE Committee's Employee of the Month for March 2002. Tom was recognized for training permanent and seasonal park rangers and field personnel in CPR and First Aid.

...to **Roxanne Barbeau**, North Hartland Lake; **Terry Chase**, Merrimack River Basin; **Brad Clark**, Hopkinton Lake; and **Heather Morse**, North Hartland Lake; for being chosen as the Team of the Month for March 2002. According to the WE Committee, the team was selected for their dedication and superlative work in conducting several job fairs in the New England area.

## Welcome

Paul Cohn	Engineering/Planning
Zakiyyah Francisco	Regulatory
Adrien Lussier	Engineering/Planning
Walter Ohar	Counsel

YANKEE ENGINEER is an authorized unofficial Army newspaper under provisions of AR 360-1 published monthly. Views and opinions expressed are not necessarily those of the Department of the Army. Contributions from readers are solicited, but publication depends on judgment of the editor. No payment will be made for contributions. Published by the Public Affairs Office, New England District, U.S. Army Corps of Engineers, 696 Virginia Road, Concord MA 01742-2751, 978-318-8777. Printed by the offset method on recyclable paper by the Defense Printing Office in Boston, Mass. Circulation 1600. The YANKEE ENGINEER can be found on the World Wide Web at <http://www.nae.usace.army.mil/news/yankee.htm>

District Engineer .....Col. Brian E. Osterndorf  
Chief, Public Affairs .....Larry Rosenberg



Editor .....Ann Marie R. Harvie  
Media Relations Officer.....Timothy J. Dugan  
Public Affairs Specialist.....Sally M. Rigione

# President Bush "Wants You"

## The Commander-In-Chief calls upon Americans to community service

by Linda D. Kozaryn  
American Forces Information Service

Mentor a child. Serve your community. Be a volunteer. President George W. Bush wants all Americans to do their part to protect the American homeland.

"Stand up to evil with acts of goodness and kindness," the president said Jan. 30 at a town hall meeting in Winston-Salem, N.C. "Not only will our country be better, but we'll show the world that universal values must be respected and must be adhered to. As a result, the world will be more peaceful."

Bush echoed a call to action he'd made the night before in his State of the Union address.

Like Uncle Sam's quest for military recruits, President Bush aims to recruit civilians into the USA Freedom Corps in an effort to capitalize on the patriotism and spirit of unity generated by the Sept. 11 terrorist attacks.

"The people we fight are evil people," Bush said in North Carolina. "They have no regard for human life. They believe in tyranny. ... Imagine a society where women are brutalized, children aren't educated, young girls have no chance of getting an education. It is a barbaric point of view."

The U.S. military is doing its part to fight terrorism. Now, he said, it's time for the American public to do its share. You overcome evil, Bush said, "by doing something to help somebody."

Millions of acts of kindness and decency, he said, make up the collective soul of the country, "a nation of heart, a nation that cares, a nation of fine, fine people."

The new USA Freedom Corps will focus on responding to crises at home, rebuilding communities and extending

doctors and nurses, ex-policemen and ex-firefighters who can be mobilized in major emergencies. Volunteers are also needed to help police and fire departments and transportation and utility workers.

White House officials said the initiative involves creating a Citizen Corps to engage citizens directly in improving

homeland security. This would include creating a Medical Reserve Corps, a Volunteers in Police Service program and a Terrorist Information and Prevention system.

The president has proposed tripling over the next two years the number of Americans enrolled in Community Emergency Response Teams. His plan will also double the number of Neighborhood Watch programs.

The initiative also calls for expanding the AmeriCorps and Senior Corps programs to engage 200,000 new volunteers in community service. It also calls for doubling the number of volunteers in the Peace Corps program over the next five years, with specific efforts aimed at rebuilding Afghanistan.

"These are the ways you can help," the president concluded in North Carolina. "These are the ways you can be a part of serving the nation."

Closing his recruiting pitch in North Carolina, he said, "If you want to find out how you can join the USA Freedom Corps... go to <http://www.usafreedomcorps.gov/> or you can call 1-877-USA-CORPS. This is the right thing to do for America."



White House Photo by Eric Draper.

*President George W. Bush calls on the American people to join USA Freedom Corps during his State of the Union address before a joint session of Congress at the Capitol, Jan 29, 2002.*

American compassion throughout the world, according to White House officials. They said the 2003 budget request includes more than \$560 million for the program. "America is no longer protected by our vast oceans," the president said at the Capitol Jan. 29. "We are protected only by vigorous action abroad and increased vigilance at home." Along with the government's efforts, the nation's security will "depend on the eyes and ears of alert citizens."

"My call tonight," the president told the nation, "is for every American to commit at least two years -- 4,000 hours over the rest of your lifetime -- to the service of your neighbors and your nation."

Bush said the nation needs retired

# The Shock of Your Life: Park Rangers learn to use life-saving devices

by Park Ranger Viola Bramel  
West Hill Dam

Park Rangers and managers in the Thames and Lower Connecticut River Basins are not extras on the television series "ER," but they have been recently certified to operate portable defibrillator units by the American Red Cross through a special course. Corps employees had the option to attend the Automated Defibrillator (AED) course in addition to their annual certification in CPR for the Professional Rescuer and Workplace Safety First Aid.

The class, taught by Park Rangers Viola Bramel and Tom Wisnauckas, took place Feb. 13 and 14. The course was held in the Resource Center at Hodges Village Dam, hosted by David Stidham, Buffumville Lake. Viola and Tom are both certified instructors with the Central Massachusetts American Red Cross Chapter out of Worcester, Mass.

According to Viola, these courses

are a vital part of Park Ranger training. "Our job places us in direct contact with the public we serve," she said. "Often medical assistance is needed in a recreational setting."

During the "hands on -- on your knees" course, students were taught to recognize a cardiac emergency; how to perform CPR until an AED unit or more advanced personnel arrive; how to assist EMT's or law enforcement officers; and how to operate an AED.

Ranger Jeff Phillips, a past student of Tom and Viola's, shared how his skills were called upon during the Tall Ships celebration at the Cape Cod Canal. "It always means something to an instructor to hear that a student used the skills they learn in our courses and more importantly how confident they feel with them," said Viola. "Jeff was very excited that this training was useful to him during the Tall Ships event at the Cape Cod Canal. It makes an instructor feel like they've made a difference."

To keep their instructor certifica-

tions up to date, Tom and Viola must pass the same courses, skills tests, and written examinations as their students in addition to instructor courses, exams and annual teaching requirements. Tom continues to update his teaching credentials at the Red Cross' Waterbury Chapter Office. He began his American Red Cross volunteer career as an instructor at the Corps of Engineers' Okatibbee Lake, Collinsville, Mississippi, Mobile District and will celebrate a silver anniversary (25 years) as an instructor in 2004. Tom also maintains credentials in teaching CPR for the Professional Rescuer, AED and Workplace Safety First Aid.

Park Ranger Viola Bramel has assisted Tom for 10 years in the annual professional courses. She is currently certified to train co-workers to use and operate an AED. Viola began her volunteer career with the American Red Cross in California in 1986. She maintains her present credentials through the Central Massachusetts Chapter in Worcester, Mass.

Rangers and managers that attended the First Aid-AED course were Keith Beecher, Merlon Bassett, Glenna Vitello, Robert Hanacek, Jamie Kordack, Patrick Tetreault, Bradley Walley, Dave Hebert, Timothy Russell, Kenneth Hester, Joseph Faloretti, Rick Magee, Claire Sullivan, James Bacon, Jeff Mangum, Jeff Phillips, Delia Vogel and James West. Those certified in the use of an AED are Keith Beecher, Merlon Bassett, Glenna Vitello, Robert Hanacek, Jamie Kordack, Tom Wisnauckas and Viola Bramel.

AED's are currently installed in airports, carried by local law enforcement agencies, and are becoming standard equipment at other public facilities. Tom and Viola will travel to the Naugatuck River Basin in March to share these life saving skills with more Corps employees.



Photo by Park Ranger Brad Walley

*Tom Wisnauckas watches a student use his new skills during the training course.*



Photos by C.J. Allen

*The New England District has completed work on the Allendale Dam. The dam is part of the Centredale Manor Restoration Superfund Site.*

## Allendale Dam project in North Providence is complete

New England District personnel attended a ribbon cutting ceremony to signal the completion of the rebuilding of the Allendale Dam in North Providence, Rhode Island. The ceremony, hosted by the Environmental Protection Agency, took place at the Allendale Dam, Feb. 25. The project is located at the Centredale Manor Restoration Superfund Site.

Congressman Patrick Kennedy, and Senators Jack Reed and Lincoln Chafee were among the attendees at the ceremony. District Project Managers Lauren Borochaner and EPA Project Manager Ann Krasko represented their agencies at the event.

The New England District was authorized by Section 358 of the 1992 Water Resources Development Act (WRDA) of 1992 (PL 102-508) to repair Allendale Dam on the Woonasquatucket River. The dam was naturally breached in November

1991.

The Environmental Protection Agency is investigating the Centredale Manor site upstream. Repair of the dam and remediation of the contamination was coordinated with EPA and the city of North Providence.

The contractor for this project is

Loureiro Engineering Associates, Inc., of Plainville, Connecticut.

Other New England District employees who are involved in the project are Mike Walsh, Mark Geib, Jenny Tan, Mark Vance, Rose Schmidt, Scott Michalak, Marie Wojtas, Joe Dean, and Trish Sumner.



*Officials cut the ribbon, signaling the completion of the Allendale Dam project.*

# Black History Month:

New England District celebrates diversity with speakers, prayers, and music

*“Contemporary History’s Effect on Today’s African-American Opportunity,” was the theme of the 2002 celebration that was held in the Concord Park theatre Feb. 28.*

The celebration opened with the National Anthem and the song, “Lift Every Voice and Sing,” which was performed by musicians Renee Heywood and Robert Maxwell. The New England District audience also participated in the singing.

Col. Brian E. Osterndorf, District Engineer, continued the celebration by going over the agenda for the day and by thanking the Black Employment Program Committee members for their work in putting together the celebration. “You don’t have to go very far into the headlines to see cases of strife and conflict in the world where people have not been able to overcome differences between them and are now engaged in some bloody types of conflicts,” said Col. Osterndorf. “Luckily in our country we are able to move beyond those types of things and yet we are not perfect. For over 150 years we have been struggling with trying to live by both the spirit and intent as well as the letter of the law that affords all of our citizens equal rights and equal protections under that law.”

The District Engineer gave a quiz on Black History and presented special commemorative coins celebrating the 225th anniversary celebrating the United States Army. Winners were Joe Faloretti, Bill McIntyre, Steve Kelly, and Rob Shanks.

After the quiz, Reverend Welvin E. Smith of the Shiloh Baptist Church delivered a benediction.

Guest speaker, Dr. Booker T. DeVaughn, past president of Three Rivers Community College in Norwich, Conn., started his presentation by giving a little bit of his background. He then talked about coming across the obituary of A.B. Wood, a resident of Hartford, Conn., who was Connecticut’s first black principal. He said that he felt a sense of pride over



Photos by Mark McInerney

*Attendees stand and sing the National Anthem during the celebration.*

the hurdles that Mr. Wood had overcome, but was angry that the hurdles were there in the first place. “I eventually felt some sense of solace when I said to myself, ‘well, at least if that kind of thing happens today, it’s a very rare happening.’”

Dr. DeVaughn said that most individuals today would agree that although the opportunities in most areas of endeavors for African Americans today are far greater than in the past, the nation has yet to meet the ultimate goal of full, equal opportunity for all citizens.

In keeping with the theme of the program, Dr. DeVaughn discussed the history of the struggle for equality from the times of slavery in the American Revolution to today’s inequality in the job market. “Many advances have been made along the way, but we still fall short of the promise of freedom and equality for all that was expressed so eloquently by Thomas Jefferson in the Declaration of Independence,” he said.

The next speaker was Mr. Richard DeVaughn, Director, Global Hand Tools and Hardware Engineering at Stanley Works. Mr. DeVaughn discussed what life was like growing up in the 1950’s, 60’s and 70’s. “The country was going through a lot of changes,” he said. “It really was an exciting time.”

According to Mr. DeVaughn, when dramatic changes began in the 1960’s there was a feeling that there wasn’t anything African Americans couldn’t accomplish. “We felt very strongly that despite all of the obstacles that we could succeed.”

Mr. DeVaughn said that the government also thought that the time of change was at hand and created affirmative action.



*Musicians Renee Heywood and Robert Maxwell entertain the audience with a musical selection.*



*Mr. DeVaughn, Dr. DeVaughn, and Bill McIntyre take questions from the audience.*

A student of the General Motors Institute, Mr. DeVaughn said that he was part of the company's effort to integrate its school and bring in more African American engineers into their labor pool. Mr. DeVaughn said that according to statistics, the number of African Americans that are getting degrees in technical fields have been decreasing since 1995. He said that some of the reasons for the decline include: it's not fashionable; a low percentage of African Americans attending college; there are not enough role models in the technology profession; and limited infrastructure in black colleges, such as lack of computers. He said that a possible solution to the problem of lack of interest in technological fields is to connect technology to the interest of the people. "It's the changing of social attitude," he said. "Being an engineer is a good thing. It's not being a nerd."

According to the guest speaker, getting minorities interested in the technology profession should start at elementary school. Following Mr. DeVaughn's presentation, he, Bill



*Members of the BEP Committee distribute ethnic delicacies to event attendees.*

McIntyre, Black Employment Program Manager, and Dr. DeVaughn formed a panel and took questions from the audience.

Renee Heywood and Robert Maxwell followed the panel discussion with a musical performance.

Col. Osterndorf presented all the participants with Bunker Hill plaques to show the District's appreciation for their part in the program.

Crystal Gardner recited a poem, "I, Too, Sing America," by Langston Hughes.

Bill McIntyre concluded the celebration by inviting the audience to sample ethnic delicacies that were provided by Keith's Place and Bob the Chef's Jazz Cafe, both located in Boston.

BEP Committee members who assisted Bill in organizing the event were: Crystal Gardner, Marie Pinede, David Lopes, Ann Turcotte, Kevin McKelvey, and Jackie DiDomenico. Dianna Rider is the EEO Officer.

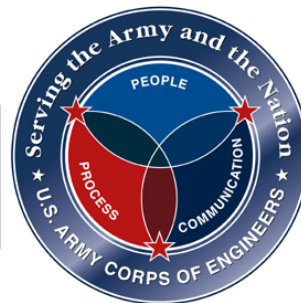


*Reverend Welvin E. Smith of the Shiloh Baptist Church kicks off the celebration by delivering a benediction.*



*Col. Osterndorf awards a coin to Steve Kelly during his history quiz.*

# 30 Second Commercials



## Vincent Gualtieri, Construction/Operations



My name is Vincent Gualtieri. As Park (Project) Manager for three flood damage reduction projects in Western Connecticut I work under the guidance of Operations Manager, Reese Morgan at the Naugatuck

River Area Office in Middlebury, Conn. Our dedicated team operates and maintains facilities at Thomaston Dam, Black Rock Lake, and Northfield Brook Lake, all in Thomaston, Conn. as well as the Goshen Radio Relay Station in Goshen, Conn. Duties also include Local Protection Project inspections at Torrington, Woodbury, and Middletown, Conn.

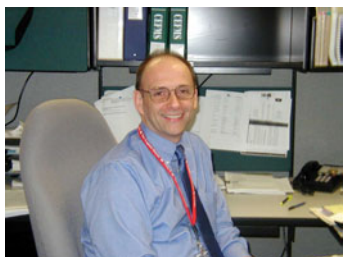
The overall scope of programs administered at the tri-project unit include flood control operations, facilities management, natural resources management, environmental compliance, recreation, management, as well as special events and public use permitting. Our team members include three permanent Park Rangers, James DeLong, Mark Gabso and Roy Howe as well as three seasonal Park Rangers, a maintenance worker

and a laborer. Significant support is added from the Basin Office team including Mark Wilmes, Environmental Compliance Coordinator, and A. Jaye DiMuzio, Administrative Officer.

Thomaston Dam was completed in 1960 at a cost of \$14 million and has prevented over \$242 million dollars of damages – the most of any dam in New England District. It averages 135,000 visitors per year and has year round recreation including snowmobiling, remote control aircraft flying, trailbiking, fishing, and picnicking.

Black Rock Lake was completed in 1970 at a cost of \$8 million and has since prevented \$65 million in damages. With an average visitation of 97,000 Black Rock Lake is cooperatively managed with the Connecticut DEP for passive recreation, (sightseeing, hunting, fishing, multi purpose trails) as well as natural resources enhancement and project maintenance. Northfield Brook Lake was completed in 1965 at a cost of \$3 million and has saved \$22 million in damages since. With an average of 53,000 visitors per year, the public enjoys swimming, fishing, hiking and picnicking with 90 tables and two picnic shelters available for reservation.

## Robert Henderson, Resource Management



Hi! My name is Bob Henderson and I'm the Systems Accountant for the New England District.

My responsibilities include ensuring that the integrity of the data in the Corps of Engineers Financial Manage-

ment System (CEFMS) is not compromised.

CEFMS is an automated real time system that helps manage everything from paying vendors and travelers, billing customers and lessees, small business-like operations to reporting to USACE Headquarters, Treasury, OMB and Congress among others.

By reviewing CEFMS and identifying ways to improve our processes I ensure that financial information that we provide to the public and our other partners is accurate, timely

and reliable.

Working with users, I identify problems in programs and processes and recommend solutions for our automated and manual systems. It is my job to keep the District's users apprised of changes in CEFMS. I also provide financial management support to the Office of Counsel.

Having worked for the New England Division and District for almost 24 years, I have a wide variety of experience in the financial management arena. I've served in various positions from the Chief of Budget and Chief of Military Accounting to Acting Finance & Accounting and Disbursing Officer. In the past, I've worked with HQUSACE in performing FMFIA reviews and developing and testing CEFMS. I also have assisted other Districts and Divisions in converting to and deploying CEFMS.

I am a Certified Government Financial Manager (CGFM) and an MBA candidate at Western New England College.

# Citizens get their say on Wind Farm EIS

Citizens of Massachusetts gathered at the JFK Federal Building in Boston, Mass., and at the Mattacheese Middle School in West Yarmouth, Mass., to give their comments – both for and against – to the New England District on an Environmental Impact Statement (EIS) for a wind farm permit application.

Over 150 citizens attended the March 6 meeting held in Boston. One hundred seventy-nine people went to the West Yarmouth meeting.

“The scoping meetings are being conducted as part of the federal National Environmental Policy Act requirements, and the Corps of Engineers Regulatory responsibilities to seek out public input regarding the scope and content of the Environmental Impact Statement which is being prepared by the Corps of Engineers,” said Christine Godfrey, Chief of Regulatory. “It is important for you to understand that the decision on the contents of the EIS, much less the permit decision has not been made.”

The New England District received an application from Cape Wind Associates in November 2001 for a Section 10 Individual permit for the installation and operation of 170 offshore Wind Turbine generators in federal and state waters off the coast of Massachusetts in Horseshoe Shoals in Nantucket Sound.

The purpose of the project, according to the applicant, is to generate up to 420 MW of renewable energy that would be distributed to the New England power grid, to include Cape Cod and the islands of Martha’s Vineyard and Nantucket.

In December 2001, the District determined that an Environmental Impact Statement would be required for the proposed project. A Notice of Intent detailing the project’s purpose and intent was published in the Federal Register in January. “An EIS enables federal agencies to identify and evalu-



*Mass. State Senator Susan Fargo, Senate Chair of the Joint Committee on Energy, comments on Wind Farm.*

ate potential environmental impacts,” said Sue Holtham, Planning. “It also ensures that the federal government involves the public and other agencies before making decisions.”

Alternatives to be addressed in the EIS will include the no action alternative; alternative wind park locations, including offshore vs. upland; submarine cable route alternatives; alternative landfall and overland cable route locations, and alternative connections to an NSTAR transmission line.

“I support the installation of wind generators in the waters between Nantucket and Cape Cod, provided they meet all the environmental requirements of our regulatory agencies,” said David

Acker of East Sandwich. “I find the amount of power expected to be produced to be significant, even though it may be small in comparison with the total amount required in New England.”

“It is our position that this proposal, which in effect commandeers 28 square miles “dead center” in the middle of one of the world’s premiere recreational bodies of water, of an industrial project of this scale and magnitude is without question incomprehensible,” said Kevin Harrington, Chairman, Save Popponesset Bay, Inc. “Aesthetically, these turbines will ‘scar’ the natural beauty of this national treasure and be substantially more intrusive than the proponents suggest.”

The application submitted by Cape Wind Associates is for the installation and operation of 170 offshore Wind Turbine Generators. The proposed wind turbine array would occupy approximately 28 square miles in an area of Nantucket Sound known as Horseshoe Shoals between Nantucket Island and the Cape Cod mainland. The estimated construction start date for the proposed project would be in 2004. Commercial operation would start in 2005.

In addition to the two public scoping meetings, The Corps requested the public submit written statements regarding the EIS within 30 days.



*Sue Holtham (left) explains the EIS process, while Chris Godfrey (right) prepares to hear statements from the public.*

Photos by Mark McInerney

# Health and Wellness



## March is National Nutrition Month: Carbohydrates on Trial

by 2LT Angela Briscoe  
Hanscom Air Force Base

March is National Nutrition month, a time to reflect on your eating habits and become more knowledgeable about sensible nutrition habits. One of the most talked about dietary modifications is the high protein low carbohydrate diet. Did you know that carbohydrates provide the major source of dietary energy for all peoples of the world? The recent revival of low-carbohydrate diets has put carbohydrates on trial. Many of these diets state or imply that carbohydrates and insulin make people fat. Before passing judgment on carbohydrates, I would like to share some basic information about them and their uses in our bodies.

Carbohydrates provide an important source of energy for our bodies. They provide four calories per gram and contain carbon, hydrogen, and oxygen. They consist of three types (sugars, starches, and fibers) found in fruits, vegetables, grains, legumes, tubers, dairy products, and sugar foods. The body breaks down carbohydrates to glucose, the brain's primary source of fuel and the best source of fuel for our bodies. If the body does not need glucose right away, it is stored in the liver and muscles as glycogen.

Low carbohydrate diets claim that increased insulin levels make people fat. Although some people do have insulin problems, there is no good evidence that increased insulin levels make people fat. Insulin is important to our bodies. It is needed for the body's cells to use sugar for energy. For people who do have insulin problems, decreasing weight and increasing exercise manage ineffective use of insulin better than does strictly reducing carbohydrates.

If carbohydrates fuel our bodies so efficiently, why are they now on trial? The apparent failure of low-fat, high-carbohydrate diets may be one reason. Uninformed consumers mistakenly believe low-fat or fat-free means they can eat as much as they want, however, low-fat does not mean low-calorie or calorie-free. Consuming more calories (whether from carbohydrates, protein, or fat) than one expends will lead to weight gain.



Another reason people may be turning to low-carbohydrate, high-protein diets is that they may seem easier to follow. These diets are very restrictive, eliminating some important nutrients. Sound research shows that carbohydrates are not bad, but allow the body to function at its best. There is little to no research, however, on low-carbohydrate diets, which are often high in protein and fat. Although you can lose weight on these diets, there are some health concerns that should be addressed.

The weight loss seen with low-carbohydrate diets is generally due to severe calorie restriction and fluid loss. Because these diets are so restrictive, they often cannot be maintained long-term.

Once the diet is stopped, individuals usually gain back the lost weight. These diets are also dangerous because they limit vitamins, minerals and fiber and may increase the loss of vitamins B and K, and calcium.

The high amounts of protein in these diets do provide energy, but the body uses it less efficiently than energy from carbohydrates, and it creates extra work for the liver and kidneys. Many high-protein foods are also high in saturated fat. Several studies indicate a diet high in saturated fat increases the risk of coronary heart disease and certain cancers.

Another concern is that most advocates of high-protein,

low-carbohydrate diets do not hold degrees in nutrition. In addition, there are few, if any, studies on the effects of a high-protein, low-carbohydrate diet.

Explanations of these diets are often misinterpreted or exaggerated in ways that cannot be proven, and are obtained only from anecdotal reports. Some authors of these diets, such as the Atkins diet, state that people on their diets have a decrease in cholesterol, however, anytime there is an energy deficit, cholesterol will decrease.

So how can you avoid dangerous or ineffective diets and still lose weight? Beware of diets that make the following claims:

- ★ Diets that promote quick weight loss
- ★ Diets that bill themselves as "cure-



alls"

- ★ Diets that recommend or require supplements
- ★ Diets that specify what should be eaten at what time, with no exceptions
- ★ Diets that limit or avoid certain foods
- ★ Diets that are short-term
- ★ No food or diet provides the magic answer to health or weight loss -- it is all about habits

Eliminating food groups or not com-

bining certain foods simply decreases variety and nutrition, not weight.

Buying special products, supplements, or formulas will only decrease the weight of your wallet. If it sounds too good to be true, it probably is.

Although some special groups of people require special diets, for most people dietitians recommend following a diet that is balanced (with about 55% of energy coming from carbohydrates), varied, and contains all food groups.

This can be done using the food guide pyramid. Following these recommendations along with exercise is the best route to a healthy weight and good health. For further information on how to lose weight effectively please contact MSgt Brenda Fernandes at the Health and Wellness Center 781-377-6560.

## Military, civilian feds can buy new long-term care insurance

by Sgt. 1st Class Kathleen T. Rhem,  
American Forces Press Service

A new program starting later this month will offer long-term care insurance to military and civilian federal employees and their families.

The federal Office of Personnel Management (OPM) has contracted with John Hancock and MetLife insurance companies to provide this additional benefit for all federal employees and retirees.

The insurance program is designed to cover expenses associated with long-term medical care in a nursing home or in the patient's home. Federal employees will be able to purchase the insurance for themselves or their families, including parents.

Federal retirees are entitled to enroll only themselves and their

spouses in the program, according to information on the program's Internet home page, [www.opm.gov/insure/ltc](http://www.opm.gov/insure/ltc).

An early enrollment period is scheduled from March 25 to May 15, followed by an open-enrollment season beginning July 1.

Applicants may be required to answer health-related questions, provide medical records or be interviewed personally to be eligible for the insurance.

Program managers haven't announced premiums yet, but rates will vary based on amount of coverage, type of inflation protection chosen and current age of the person being covered. Officials plan to include a rate calculator on the Web site by the time the early enrollment period starts.

Service members and federal civilian workers initially might think they needn't worry about long-term care insurance, but perhaps they should, officials said. Medicare, TRICARE and the

Federal Employees Health Benefits Program are not designed to cover long-term care, they noted.

The usual practice in similar civilian programs is the younger and healthier the beneficiary at enrollment, the lower the premiums. That should also be true in the federal version, said Frank Titus, OPM assistant director for long-term care. Federal officials emphasized the government pays no part of the premiums or benefits.

Those officials recommended individuals who want more information on issues surrounding long-term care and on the federal program to sign up for an e-mail newsletter, [https://ltcfeds.com/pre\\_reg.html](https://ltcfeds.com/pre_reg.html) "Get Smart About Your Future," <http://www.opm.gov/insure/ltc>, at [https://ltcfeds.com/pre\\_reg.html](https://ltcfeds.com/pre_reg.html), or to visit [www.ltcfeds.com](http://www.ltcfeds.com).

# Dredging up the past . . .



*Former State Representative Paul Harrold, Col. Philip Harris, former Division Engineer, former MDC Commissioner Ilyas Bhatti, and former Mayor James Sheets hold a copy of the project map for the Town Brook Local Protection Project during the project kick-off meeting in this circa 1992 photo.*

Public Affairs Office  
New England District  
U.S. Army Corps of Engineers  
696 Virginia Road  
Concord, MA 01742-2751  
Meter Code 40

Presorted Standard  
U.S. Postage  
Paid  
Concord, MA  
Permit No. 494